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# IMPACT OF REHABILITATION PROGRAMS IN INDIAN JUVENILE CENTERS

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## Abstract

In the Indian legal framework, the issue of minors committing small theft, housebreaking, pickpocketing, or begging which might cause their participation in more serious offences, is identified as "juvenile delinquency" or "children in conflict with the law" (Boman & Gallupe, 2020).

Juvenile delinquency means the involvement of minors in unlawful acts, and it is a major concern in India, as a considerable share of persons who commit offences are below the age of 18 (Boman & Gallupe, 2020)<sup>1</sup>.

This qualitative study using secondary data intends to evaluate the impact of rehabilitation programs in juvenile institutions and look towards various laws for the improvement of Juvenile offenders in India. When children in conflict with the law are kept in correctional facilities, it is necessary to ensure that they continue to obtain education and basic awareness (Fadila et al., 2021). Offering educational chances to these children can stop them from becoming detached from learning and assist them reintegrate into society after leaving the correctional facility (Fadila et al., 2021)<sup>2</sup>. This research indicates that there is a strong demand for methodologically improved treatment effectiveness studies that are more precise in their description of violence and either mainly focus or conduct separate examinations for aggressive adolescents. Initial data indicate that certain integrative therapies may be helpful.

**Keywords:** Juvenile Offenders, Rehabilitation Program, Advanced Treatment.

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<sup>1</sup> Boman, J. H. and Gallupe, O. (2020). Has covid-19 changed crime? crime rates in the united states during the pandemic. *American Journal of Criminal Justice*, 45(4), 537-545. <https://doi.org/10.1007/s12103-020-09551-3>

<sup>2</sup> Fadila, F., Danim, S., Hadiwinarto, H., Darmayana, I. W., & Yanuarti, E. (2021). Integrated <https://doi.org/10.24042/tadris.v6i1.8463>.

## **I. THE RISE OF JUVENILE INSTITUTIONS IN INDIA**

Children suspected of being involved in an offence may only be arrested and must not be held by any police officer. However, youths between 16 and 18 who have committed serious offences can be handled and tried as adults. A child who violates the law must appear before the Juvenile Justice Board which is led by a magistrate and includes two members who social workers. The social workers of the Juvenile Justice Board intend to handle the child with care and concern about his future.

In 2016, a report stated that almost a fifth of children live in India<sup>3</sup>. According to United Nations International Children's Emergency Fund (UNICEF), in India, one in five individuals is between the ages of 10 and 19, making it the largest population of adolescents worldwide. Furthermore, with every passing year, these numbers rise quickly. The child's future is influenced by their internal and external environment and psychological behavioral elements within the individual. Due to overcrowding, poverty and several other causes, nearly 40% of the youth in India are in difficulty or at risk of living an ordinary life.

According to the officials, there are nearly 4,000 detainees in Delhi prisons who may be minors as of June 2019. Keeping minors in adult Centers usually has negative effects. Minors can commit more serious crimes and escape the suspicion of adult criminals. They are also exposed to situations in which inmates commit crimes and violence against one another. Children in Centers are compelled to accept violence as a way of life and quickly adopt the anti-social attitude that exists there. They are also more likely to face physical or sexual abuse in prison. Other convicts are engaged in torture, prison guards and officials in positions of authority. A child's sense of identity and self-worth can be destroyed, causing them to hate society and administration. This can worsen her feeling of isolation and reduce her willingness to follow social rules.

According to the National Crime Records Bureau, youth crimes are rising. The number of offences committed by minors in 2001, 16,509, increased to 25,125 in 2011, an increase of 65.7 per cent in a decade. It reported 31,973 offences committed by teenagers in 2012, up from 27,541 in 2002. The total number of juvenile arrests in 2016 was 44,171. The following year the number increased to 60,160, and in 2018 it climbed to 65,452. In India, there are nearly 815

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<sup>3</sup> National Institute of Urban Affairs. (2016). Status of Children in Urban India – Baseline Study.

Juvenile homes, with 1.7 million minors in need of reform. According to 2011 state-by-state juvenile crime data, Madhya Pradesh has the highest number of juvenile offences, with 4,997, followed by Maharashtra with 4,775. Across the country, a total of 31170 cases were recorded against juveniles (page 21) in 2021, showing a 4.7% rise over 2020, when the number of cases was 29,768. Most of them — 76.2% or 28,539 in absolute terms — were in the 16 to 18 age group. Crime rate among juveniles had also risen from 6.7% to 7.0%. The 2011 Population Census placed the child population of the country at 4441.5 lakhs. Which means according to the recent NCRB report, seven out of 100 juveniles in the country were involved in some criminal activity. In all, 37,444 juveniles were apprehended. Of these 32,654 were taken in under provisions of the Indian Penal Code, and 4790 under state and local laws.

To reduce repeat offending among juvenile offenders in the country, the Prison Commission of India (1919-1920) recommended the creation of a separate prison for boys, the establishment of remand homes, proper provisions for childcare in preventive detention, as well as the creation of juvenile courts with a flexible and informal approach. In 1986, the Juvenile Justice Act was approved in Parliament to provide juvenile justice administration, focusing on reforming juvenile offenders. The Apprenticeship Act of 1850 states that teenagers between the ages of 10 and 18 should receive vocational training while reforming. This was the first child-related legislation in India. The Juvenile Justice Act 2000 came into existence to ensure developmentally suitable care, protection, and treatment of juvenile offenders, adopt a "child-friendly approach" while conducting trials, and reforming them properly. The Juvenile Justice Act 2000 contains provisions regarding institutional and non-institutional reform approaches. (Gupta, Ankita, 2011)

India's Juvenile Justice (Child Care and Protection) Act 2000 requires the establishment of youth homes in all Indian states. An Asian Center for Human Rights report indicates that in March 2012, the Ministry of Women and Child Development supported 733 families.

## **II. INDIAN JUVENILE PRISONS: A CORRECTION CENTER OR A PLACE OF PUNISHMENT**

According to persuasive research on the condition in children's homes across the nation, over 40% of juvenile offenders in India are kept in conditions "comparable to or worse than" in adult prisons. Accused or offenders under the age of 18, called as "children" in the eyes of the law,

receive an chance for rehabilitation. The country's juvenile justice laws require that they be placed in special homes instead of adult prisons, where they can be rehabilitated. From the figures from the National Crime Records Bureau (NCRB), nearly 33,887 children under the age of 18 were arrested in 2012. By the National Crime Records Bureau, the figure rose by 142% between 2002 and 2012.

Article 9 of the statute allows the establishment of special homes to rehabilitate minors who have breached the law. Any State Government may establish and administer a special home in each region or cluster of districts as required to receive and rehabilitate children in breach of this act, either independently or in partnership with nonprofit organisations. Let's assume the State Government determines that a building not established or maintained under paragraph (1) is suitable for housing children who are violating the law and should be covered by this act. It may then certify the establishment concerned as a special home for the objectives of this legislation.

Numerous care and detention centers for minors, responsible for reforming difficult situations, are a major illusion and a complete neglect for a child's protection. Rather than addressing the emotional needs of children in distress, youths are being struck and shamed in many correctional institutions. The issue is widespread in several institutions in Delhi. The condition of minors in Indian Centers is dreadful and shocking. Whether in Rajasthan or Haryana, many children, particularly girls, were saved after escaping from correctional facilities because of extreme neglect and offensive personal treatment.

Children's homes have a damaging image throughout the nation. In 2013, "India's Hell Holes: Child Sexual Assault in Juvenile Justice Homes," a report by the Asian Center for Human Rights (ACHR) states, "It will not be an exaggeration to mention that the role of juvenile justice has turned into a hell in India where there are young inmates exposed to sexual abuse, exploitation, torture and ill-treatment, as well as being forced to live in inhuman conditions." The study describes 39 incidents of repeated sexual abuse of minors in juvenile justice institutions such as government- operated foster homes, shelter homes, orphanages, and children's homes.

### **Rehabilitation System at Juvenile Prisons**

The main problem in keeping a minor who violated the law is to assist him or her understand

and feel regret for the offence committed. The child may be released on probation following the Juvenile Justice Board's ordered confinement. The reintegration of the Juvenile into society requires proper care. The rehabilitation of a child in dispute with the law must consider his or her age and physical and mental structure. Childcare institutions and social welfare organisations cooperate with government nodal authorities to find constructive solutions to juvenile rehabilitation. To ensure that the Ministry of Women and Child Development establishes these Standard Operating Procedures (SOP).

Based on innovative methods for dealing with juvenile offenders, the Seventh United Nations Congress on the Prevention of Crime and the Treatment of Offenders recognised three kinds of juvenile justice systems:

1. The due process model,
2. The social welfare model,
3. The participatory process models

The first model is based on the equality principle, the importance of law and legal procedures, and initial trials that are conducted by qualified lawyers. In the second model, administrators and "support services" specialists make the most important decisions while focusing on economic and social justice through state and social welfare planning. To properly develop a system to regulate and protect children, the issue with the first two primary models must be resolved. The third model resolves the problems as the juvenile justice can be implemented more efficiently at the national level, with greater citizen participation in local conflict control or settlement and less interference from the current state's centralised power system.

The rehabilitation process starts the moment the offender meets the police officer. A teenager going through a difficult phase will often want to escape from it, too. If his first meeting with the police is friendly and sympathetic, he will probably be more responsive to the treatment he will receive. If the officer manages the situation and himself, the children's resistance will eventually fade, making the officer's task much easier. It is widely known that police officers must behave and manage situations carefully. He states that the police must be tolerant, supportive and non-hostile towards the incident. The police have a significant role in controlling juvenile delinquency. The main areas of the police dealing with minors are the following: detection, examination of delinquency, settlement of the case, protection of minors, and prevention of delinquency. The Supreme Court and several High Courts of India play a vital

role in developing the juvenile justice system in India. The lower courts hear cases involving juvenile offenders first, but patterns in the judicial focus on juvenile offenders are reflected in decisions by the Supreme Court and several higher courts. Juvenile Justice Courts/Councils have a legal and constitutional duty to deal with minors who violate the law.

While adolescents are held responsible for breaking the law and placed in juvenile homes or other suitable correctional institutions for crime prevention, their main objective is rehabilitation. A psychological evaluation of the incident's offence and the factors that contributed to it, participation in yoga, therapeutic assistance, skill training, and other mental development activities are all included in the rehabilitation process. Rehabilitation was impossible due to government funding limits, but "cost-effective multi-modal rehabilitation programmes" for children appeared because of the involvement of several NGOs and social workers.

Although, the Ministry of Home Affairs' Model Prison Manual repeats the old belief that rehabilitation is at the centre of our criminal justice system. It overlooks the system's lack of understanding of reformation. It ignores the root causes of crime, the nature of reformation, and its method. Incentives such as early release, remission, and parole are provided as rewards for good conduct in prison, with the final purpose of the correctional system in mind. Rehabilitating a minor empowers and assists reintegration into society after release from jail. As a result, rehabilitation efforts must extend beyond simply providing vocational training and education.

### **III. RESEARCH OBJECTIVE**

- Understanding the rehabilitation of Indian Juveniles,
- Examining the significance of laws and measures in crime control in India,
- To monitor the effectiveness of rehabilitation in Indian Juvenile prisons,
- Understanding the situation of Juveniles in Prisons.

### **IV. METHODOLOGY**

The presented research is a qualitative study based on secondary data gathered from Crime Report India, the Ministry of Women and Child Development, the Government of India, the National Crime Records Bureau and other published materials. In the present analysis, the

details of the rehabilitation process, as well as the effectiveness of the rehabilitation process among Juveniles, has been examined. The background of Juveniles and the condition of Juvenile Centers in India is also briefly explained, using secondary data collected from different sources in India.

## **V. RESEARCH EVIDENCE**

The below-stated data highlights the gaps in the present Rehabilitation system for not only Juveniles but also adult offenders in India. Different authors in their study demand immediate reforms in the Rehabilitation system and propose path-breaking ideas to improve the condition of adult and juvenile prisons. Further, lowering recidivism among offenders.

In the context of juvenile incarceration in adult prisons, **Redding (2003)**<sup>4</sup> highlights the difficulties faced by juveniles in such facilities. The author states that adult Centers are not reformatory environments for juvenile offenders due to the presence of violence, fear, and inadequate living conditions. stresses the need for specialised programming and addressing the developmental, emotional, and mental health needs of juveniles.

Attitudes towards prisoners play an important role in the success of rehabilitation programs and the reintegration of prisoners into society. **Kjelsberg et al. (2007)**<sup>5</sup> conducted comparative research to examine the attitudes towards prisoners among prison inmates, prison staff, and college students. The research emphasizes the importance of positive attitudes towards prisoners in achieving successful rehabilitation results. Furthermore, the author emphasizes that the attitudes held by the general public and prison staff towards prisoners are important in determining the effectiveness of rehabilitation programs. The research suggests that educational programs and the sharing of factual information can influence these attitudes.

**John J. (2008)**<sup>6</sup> conducted a research based on experimental methods to determine the significant improvements in mental health that a life skills development program may bring to adolescents in juvenile homes. This study demonstrates that only institutionalisation and

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<sup>4</sup> Redding, R. E. (2003). The effects of adjudicating and sentencing juveniles as adults. *Youth Violence and Juvenile Justice*, 1(2), 128-155. <https://doi.org/10.1177/1541204002250875>.

<sup>5</sup> Kjelsberg, E., Skoglund, T. H., & Rustad, A. (2007). Attitudes towards prisoners, as reported by prison inmates, prison employees and college students. *BMC Public Health*, 7(1). <https://doi.org/10.1186/1471-2458-7-71>

<sup>6</sup> Jessy John (2008) Life Skills Development Programme for the Mental Health of Juveniles in Kerala, India, *Loyola Journal of Social Work*, Vol., No. 21.

vocation-based training are insufficient to develop a juvenile's abilities for dealing with life's challenges. It attempts to draw the attention of Kerala's social welfare department to the need to introduce life skills teaching in juvenile homes, not only to improve juveniles' mental health but also to empower them with the necessary skills to face life's problems.

In the research by **Meghna Dasgupta (2010)**<sup>7</sup> on "Rehabilitation through Education for Juveniles in Conflict with Law" stated that the Juvenile Justice Act's implementation has been obstructed by major infrastructure barriers, which have hindered the whole system's delivery mechanism. Initiatives to reform the system were conducted irregularly and lasted only a limited time. The major stumbling barrier, however, continues to be the attitudes of Juvenile Justice officials. Suggests identifying the responsibilities of various departments, such as education, labour, health, and law, and ensuring that rehabilitation channels are properly defined and effectively established. Following that, the different departments should cooperate to provide the holistic rehabilitation of juveniles. A suitable monitoring structure can be in place to evaluate the effectiveness of these children's rehabilitation. The research concludes that even if all of the infrastructures are in place, things can only improve with the cooperation and sensitization of the individuals involved.

**S.N. Ravi (2010)** critically analysed what Juvenile Rehabilitation Programs are and whether they are sufficient for juvenile delinquents' rehabilitation. Finally, this research paper focuses on 'Judiciary and Juvenile'. The article concluded by pointing out the lack of expertise in handling juveniles. However, it appreciates the continuous efforts of the government.

**Ankita Gupta (2011)**<sup>8</sup> criticises the Juvenile Justice Act (Care and Protection), 2000. The author highlights that although there have been some developments over the years, this act has several shortcomings. The reality is that any law must evolve in accordance with society and global developments. This is where the act falls short. On the surface, the act appears to be well-meaning, but it does not take a comprehensive approach. The age of minors is a major gap in the statute. The study shows that in today's world, there is a rising number of reports of minors committing serious crimes such as murder, sexual assault, and rape. Rules framed by the

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<sup>7</sup> Meghna Dasgupta (2010) Rehabilitation through education for juveniles in conflict with law. CCS researching Reality Internship. [https://ccs.in/internship\\_papers/2010/meghna-dasgupta\\_article-rehabilitation-through-education-for-juveniles-in-conflict-with-law.pdf](https://ccs.in/internship_papers/2010/meghna-dasgupta_article-rehabilitation-through-education-for-juveniles-in-conflict-with-law.pdf).

<sup>8</sup> Gupta, Ankita, The Juvenile Justice (Care and Protection) Act, 2000 - A Critique (July 13, 2011). <http://dx.doi.org/10.2139/ssrn.1884927>. [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=1500156](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=1500156)

relevant authorities have addressed many provisions in the act. It is suggested that apart from increasing awareness of the issue and ensuring the efficient functioning of the relevant agencies, the law must be designed to address society's challenges and problems. Therapeutic jurisprudence, which is the study of the importance of the law as a therapeutic tool, must be used to strengthen the juvenile justice system and ensure that children receive the best possible supervision and care, according to the researcher.

**Kaustubh Rote (2014)** studied on "Prison Reform and Social Change in India," the researchers discussed the need to change the existing prison system. According to the paper, jails are becoming overcrowded due to a rise in the proportion of pre-trial prisoners. Although they are assumed innocent until proven, they are kept in conditions far worse than actual prisons. The issue with overcrowded Centers is that there is no separation between delinquents from serious offenders, which may influence the minds of others, proving harmful to society.

**Tanu Priya (2014)** explained that the purpose of punishment is to change the person into a better individual who will not commit the crime again. This approach is beneficial not only to the offender but also to society and the state. The author states that the crime is being committed due to outside influences or societal pressures that cause an individual to act disproportionately and thus commit a crime. Punishment is given to transform the offender himself, not for the benefit of others, so it is essential to tailor it to the offender's needs, including therapy and counselling. The article also discusses sociology and the need to improve social conditions for criminals to avoid using such tactics.

**N.G. Devarmani (2016)**<sup>9</sup> describes the children who require care and protection and who, if not addressed, will cause serious social harm soon. Despite several problems with correctional administration, this paper presents different treatment options for juveniles in India. Correctional Institutions should be regarded as hospitals, with individuals who need care and protection as patients. Just treatment is required to enable him or her to reintegrate into society. The findings state that the most urgent requirement of the moment is to understand the factors that contribute to it and to design a strategy for preventing delinquency by overcoming the factors that lead to it. Adequately suggests that well-trained personnel must be appointed to manage rising demand and address pending issues.

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<sup>9</sup> Devarmani NG. Institutional treatment for juveniles in India - a critical analysis. Forensic Res Criminol Int J. 2016;3(1):256-260. DOI: 10.15406/frcij.2016.03.00083

**G. N. Sadasivan (2016)** examined the challenges related to correction and rehabilitation in Indian settings. This may indicate the underlying issue and the solution the author refers to at the end. The study states that crime is no longer believed to be effectively eliminated or controlled through the harsh punishment of criminals. As a result, the author urges focusing on combating and preventing crime through the reform and rehabilitation of offenders.

**Sanjukta Das (2016)**<sup>10</sup> tried to explain the conceptual framework for a comprehensive intervention program aimed at the rehabilitation of minors. Psychoeducation, music therapy, psychodrama and cognitive behavioural therapy and cognitive retraining are used to improve positivity, self-expression and emotional control, as well as increase adaptive executive functioning. Starting with group therapy, the program will gradually move to an individual approach to meet each child's specific needs.

**Elizabeth M., Tiampati (2017)** conducted research at the Kirigiti and Dagoreti rehabilitation Centers. This research analysed the psychosocial factors that influence juvenile delinquency among adolescent girls. The research uses a descriptive survey sample design, including 78 women who received rehabilitation at rehabilitation Centers in Kirigiti and Dagoreti. A structured questionnaire and a focus group discussion with social workers were used to collect the primary data. The demographic details of the participants were analysed with frequencies and percentages, while the data on psychosocial factors were analysed with content analysis. According to the research, all women are equally likely to commit crimes, whether they live with one or both parents, father or mother. Peer influence, truancy, and suicide attempts were examples of behaviours that, while not crimes, indicate a need for parental care and protection of individuals, anger and conflict management skills. To deal with juvenile delinquency, the report suggests that rehabilitation centre administrators design correction methods involving parents and guardians. The report also notes a more girl-friendly environment, with increased access to secondary education, permanent counsellors and recreational services at the Centers.

**P. Gauri, U. Shrikrishna (2017)** studied about the Juvenile Justice (Care and Protection) Act, 2015. It concentrates on examining the working of the proposed law regarding children in conflict with the law. The aim was to examine the Juvenile Justice Act critically. It was

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<sup>10</sup> Das, Sanjukta. (2016). Formulating an Integrated Intervention Programme: Reshaping the Brain-Behaviour Functioning of Children in Conflict with Law in India. Journal of Psychology & Clinical Psychiatry. 6. 10.15406/jpcpy.2016.06.00405.

concluded that it is necessary to introduce new and improved Juvenile policies to the government in India.

**Mehta, S. (2017)** states that rehabilitation is a gradual and subtle process that begins when an offender is convicted and continues until he or she is reintegrated into society, according to the research paper "Recent Scenario of Criminal Justice and Rehabilitation in India." Reform, Re-socialize, or Re-create are the three Rs guiding the rehabilitation process. The paper focuses on minors' rehabilitation because it is believed that children do not commit crimes out of malice but rather because of external factors.

**Agarwal, D. (2018)<sup>11</sup>** states that this research aims to analyse the causes of juvenile delinquency and the explanations given by experts from other professions to explain the issue. According to statistical data available on government websites, adolescents are becoming more involved in dreadful crimes. To address the issue of juvenile crime in India, the Juvenile Delinquency Act was amended, and children accused of serious offences are now tried as adults. It is a serious concern for the country, and solutions to the issue must be addressed with great care. In response to these developments, the Indian judicial system and courts have modified the rules governing juvenile justice in India.

**Dr D. Pubalin, and Prof. S.P.K Jena (2018)<sup>12</sup>**, in their research "The Need for Behavioural Rehabilitation in Centers among Youth", state there is a very small possibility to provide a corrective experience is completely lost in our system, which views time as a punishment process and believes that nothing works. That is strongly not the case. The current criminal justice system acts as a breeding ground for converting minor offenders into habitual ones. This also helps them in becoming a member of the criminal environment, where there is little chance for self-correction. The most major shortcoming of this system is the absence of opportunity for change in our society's attitude and behaviour. There is a need to understand the existing Centers and rehabilitation systems. Also, based on their secondary research, the author recommended Cognitive Behavioural Therapy for young offenders, which is expected to be useful.

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<sup>11</sup> Agarwal, D. (2018). Juvenile Delinquency In India- Latest Trends And Entailing Amendments In Juvenile Justice Act. People: International Journal Of Social Sciences, 3(3), 1365-1383

<sup>12</sup> Dr. Dash P., Prof. Jena S.P.K (2018) The Need for Behavioural Rehabilitation in Centers among Youth. The International Journal of Indian Psychology, ISSN 2348-5396 (e); ISSN: 2349-3429 (p), Volume 6, Issue 4, DIP: 18.01.006/20180604. DOI: 10.25215/0604.006

**A.R. Pavitra (2019)**<sup>13</sup> studied the rehabilitation of juveniles, examining the importance of legislation and acts in controlling the offence, and understanding the forms of rehabilitation relevant to children in conflict with the law in India are the study's objectives. The facts examined in this research are from secondary data gathered from various sources. This research concludes with the gaps in the Indian Juvenile System and further suggests proper solutions for the same.

**Dr. Kiran R. Naik (2019)**<sup>14</sup> analysed the issue of prisoners in India. This research aimed to study the concerns of the prison administration, as well as the work and opinions of prison staff. Inmate litigation and specialised areas of inmate rights; privatisation in prisons; Prison activities, operations, administration, socialisation and subcultures are explained in greater detail in the document. The final chapter studies the future of Centers and their concerns, focusing on drug laws, overcrowding, racism, inmate rights, prison behaviour, prison industries, additional prison programs, and prison functions. Prison professionals. Based on the findings, Centers are likely to continue in the future as they have since their beginning.

**G. Shalini, B. Sant Baba (2020)**<sup>16</sup> stated that the objective of rehabilitation is to reintegrate a prisoner into society. According to the article, society is also responsible for a particular individual's behaviour in certain situations. Thus, corrective action must be taken to ensure the reintegration of criminals into society. The article goes on to say that not all criminals should be treated equally and that a wide range of offenders must be dealt with on an individual basis. Planning and a customised approach to therapy will assist in producing positive outcomes.

**Chandini Pegu (2020)**<sup>15</sup> researched to determine the major risk factors for juvenile relapse into juvenile facilities and to intervene to reduce recidivism among juvenile offenders. The study discovered that effective rehabilitation programs for adolescent offenders reduce the rate of recidivism. The work is descriptive, relying on secondary sources of information. This research will help researchers better understand the background factors contributing to juvenile offenders' recidivism in India. It will also be useful in preventing recidivism among young

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<sup>13</sup> Alur, Pavitra & B, Panduranga. (2019). Study on Rehabilitation of children in conflict with law in India.

<sup>14</sup> Dr. Naik K.R. (2019) THE PROBLEMS OF PRISONERS: AN ANALYSIS. Volume 6, Issue 2. E-ISSN 2348-1269, P- ISSN 2349-5138 <https://www.ijrar.org/papers/IJRAR1AXP012.pdf>. <sup>16</sup> Shalini, Ms & Scholar, Gupta & Gupta, Shalini. (2020). Correctional & Rehabilitative Techniques of punishment: A need for legislative Reform in India. 10.21088/ijlhb.2454.7107.5219.18.

<sup>15</sup> Pegu, C. (2021). Identifying risk factors associated with juvenile offenders' recidivism in India: a theoretical understanding. Humanities, Arts and Social Sciences Studies. 21(2): 346-354.

offenders in the country and serve as a means of updating the literature on the subject.

**Wanglar, E. (2021)<sup>16</sup>** aimed to identify the various barriers and challenges that stand in the way of effective juvenile recovery. The research was conducted in twenty childcare Centers in four districts in Manipur: Churachandpur, Ukhrul, Imphal East, and Imphal West. The researcher used the exploratory study method and intentionally selected samples from forty employees. Information was collected through semi-structured observation and interview techniques. The study results reveal several issues and challenges in childcare institutions regarding child rehabilitation, including the inefficiency of childcare Centers, poor physical infrastructure, lack of professional and trained staff, vocational training, outdated life skills, and a dysfunctional child- parent relationship and system.

## **VI. KEY FINDINGS**

- Concentrating on children in conflict with the law and the need of a rehabilitative approach for them is important.
- Most of the time, minors commit offences due to mental or emotional issues, instability, poverty, or other external situations. They may lack the mental ability to understand the seriousness of the act or the consequences of their actions.
- As a result, their life is in danger, lowering society's standard of living. If adolescents or juveniles are kept near criminals after committing offences, it will change their thinking and turn them into criminals.
- It is necessary to reform and improve the Juvenile Justice System according to the present condition of minors.
- Before rehabilitating any child in conflict with the law, it is important to habilitate them, give them proper love, care, and protection, and meet basic living needs.

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<sup>16</sup> Evergreat Wanglar (2021) Child care institutions in India: Investigating issues and challenges in children's rehabilitation and social integration. Children and Youth Services Review. Volume 122, 105915, ISSN 0190-7409. <https://doi.org/10.1016/j.childyouth.2020.105915>.

## VII. DISCUSSION

"Hate the offence, not the offender," remarked Mahatma Gandhi.

People are not born criminals; they become criminals due to outside influences that affect their decision to commit offences. Those external causes might be anything, and society can sometimes help in bringing those other forces into action. However, as crime has advanced and the Indian Judicial System has evolved, the rehabilitation approach has opened new opportunities and improved offenders' behaviour. Recidivism among juvenile offenders is a much less recognised topic in India. However, it has only recently appeared as a major issue for the Indian juvenile justice system and society. Identifying the risk factors that encourage juvenile recidivism can help to better deal with the issue by including effective rehabilitative measures. Intervening in the issue of juvenile recidivism is also important because juveniles' anti-social behaviour does not continue into adulthood. While intervening in the issue, the adequacy of the correctional programmes implemented by different correctional agencies and institutions for offenders can also be evaluated. Previous research has also shown that if effective intervention is not provided, juvenile delinquents develop into serious adult criminals. Everyone should be given a chance to reform, and the cause of the crime should be discovered, allowing offenders to avoid repeating their mistakes. As a result, it may be concluded that the current strategy of punishing criminals has to change. Children and teenagers are often flexible and can be rehabilitated to change their maladaptive attitudes, behaviours, and emotions into adaptive ones. Since it is understood that individuals engaged in criminal activities from an early age are more likely to become dangerous and chronic offenders later in life, this can prevent future crimes and reduce further social problems. The rehabilitation approach will benefit the community and the offender by allowing them to correct their mistakes.

There is a strong need for methodologically advanced treatment effectiveness studies that are more precise in their description of violence and either mainly target or conduct separate analyses for aggressive adolescents. However, as the program design and evaluation research improve, psychiatrists' ability to make meaningful conclusions regarding the success of treatments for violent adolescents will improve. Psychologists can play a major role in the development and improvement of public policies by —

- (a) repeating the research findings of promising prevention and intervention strategies,
- (b) specifying the conditions and populations with which these interventions perform well,  
and
- (c) explaining the distinctive features and different typologies of violent youths,

- (d) examining particular early risk and buffering variables that promote or prevent future violent conduct,
- (e) establishing more dependable and valid risk assessment methods.

The literature on rehabilitation programs in Indian juvenile Centers highlights the significance of systematic and organised programs in transforming offenders and supporting their successful reintegration into society. Positive attitudes towards prisoners, both among prison staff and the general public, are essential for the effectiveness of these programs. Tailored programming and addressing the particular needs of juvenile offenders are necessary in ensuring their rehabilitation. However, challenges such as limited resources and societal attitudes towards prisoners can restrict the effectiveness of these programs. The literature review shows that there is no such documented and evidence-based current successful program on the Indian subcontinent. As a result, an Integrated Intervention Program aimed at preventing and rehabilitating juvenile delinquency has been created. As a result, the suggested Integrated Intervention Program can help to make a valuable social contribution.

### **VIII. CONCLUSION**

Children are a nation's most valuable asset; They are humanity's greatest blessing. Children represent the country's future human resources, capability and value. Children are innocent, vulnerable and trusting. Like a plant, a child needs protection, nourishment, and a proper environment to develop into a strong, productive tree. Sections 15, 24, 39(e), 39(f), 47 and 51a of the Constitution of India express concern about children, with special reference to Article 39(e), it states that "the state is the guardian of strength and stability children. As a result, students must be provided with essential facilities and an environment where they can become responsible and useful persons for the nation. For the balanced and overall development of the child so that they can grow in a caring atmosphere, surrounded by joy, affection and understanding.

The main objective covered in the final part of the article is the rehabilitation and reintegration of the child into society, including adoption, foster care, foster care, and transfer of the child to a aftercare agency. Interventions with minors have limited empirical literature. Moreover, it does not directly answer whether the scientific evidence justify involvement with aggressive minors. There is no single way to deal with these children. However, preliminary data indicate that some integrative therapies may be effective. The aim is to restore children's dignity and

self-confidence to return to normal family life. Every child in the country has a legal right and is entitled to a share of public funds for the development of their personality.

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